

CURRICULUM VITAE

NIKOLAOS SCARMEAS M.D.

CV update

May 2019

PERSONAL INFORMATION

Born: Athens Greece, October 26th 1968

Citizenship: Greek, European Union

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LANGUAGES

- Greek,
- English
- French (basic level)
- Spanish (basic level)

ACADEMIC TRAINING

- Medical Doctor (M.D.); Medical School of National and Capodistrian University of Athens, Greece; September 1986-December 1992.
- Master of Science (M.S.) Clinical Research Methods track, Department of Biostatistics, Mailman School of Public Health, Columbia University; New York, USA; May 2002-May 2005.
- Philosophy Doctor (Ph.D.). Department of Medicine, School of Health Sciences, University of Thessaly, Larisa, Greece; 2005.

EMPLOYMENT EXPERIENCES / TRAINEESHIP / APPOINTMENTS BEFORE RESIDENCY

- Military Service; Officer for the Greek Army, May 1992-April 1995.
- Medical services to campings of “National Federation of Parents and Guardians Guilds of Individuals with special needs” employed by the Greek State-Ministry of Health Welfare, Summer 1995.
- Primary care medicine social service at rural areas employed by the Greek State-Ministry of Health Welfare, September 1995-May 1996.

RESIDENCY

- 401 General Army Hospital of Athens, Internal Medicine Residency, June 1994-April 1995.
- Long Island College Hospital, Brooklyn New York, Internal Medicine Residency, July 1996-June 1997.
- Columbia Presbyterian Medical Center, New York, Neurology Residency, July 1997-June 2000.

EMPLOYMENT EXPERIENCES / TRAINEESHIP / APPOINTMENTS AFTER RESIDENCY

- Clinical Research Fellowship in Aging and Dementia at the Taub Institute for Research in Alzheimer's Disease and the Aging Brain, Division of Aging and Dementia, Department of Neurology, Columbia University Medical Center, July 2000-June 2002.
- Assistant Professor of Clinical Neurology, Columbia University, September 2002-July 2008.
- Assistant Attending in Neurology, New York Presbyterian Hospital and New York State Psychiatric Institute, September 2002-July 2008.
- Associate Professor of Clinical Neurology, Department of Neurology, Columbia University July 2008 - present.
- Associate Attending in Neurology, New York Presbyterian Hospital and New York State Psychiatric Institute, July 2008 - present.

BOARD QUALIFICATIONS

- American Board of Psychiatry and Neurology certified Neurologist, since 2001.
- Neurology specialty certified, Greece, since 2001.
- United Council for Neurologic Subspecialties, subspecialty certification in Behavioral Neurology and Neuropsychiatry, since 2008
- United Council for Neurologic Subspecialties, subspecialty certification in Geriatric Neurology, since 2011

LICENSES

- Unlimited license to practice medicine in Greece, European Union; 1993
- New York State Medical Permit; 1999
- Pennsylvania State Medical License; 1999
- New York State Medical License; 2002.

PROFESSIONAL ORGANISATIONS

- American Academy of Neurology (since 1998).
- Society for Neuroscience (since 2002).
- Cognitive Neuroscience Society (since 2002).
- Hellenic Bioscientific Association (since 2007).
- American Neurological Association (since 2009).
- Alzheimer's Association International Society to Advance Alzheimer Research and Treatment (ISTAART) (since 2009).

HONORS / AWARDS

- Arnold P. Gold Foundation Award for Humanism and Excellence in Teaching For an outstanding resident role model. Selected by Columbia P & S class of 2000.

- Margaret and Stanley Lesse Fellowship in Neuropsychiatry Award for the Academic years 2000-2001 and 2001-2002.
- Guide to America's Top Physicians; Consumer's Research Council of America; 2004-5005 Edition.

TEACHING EXPERIENCE

- 1998-2000 (during senior Neurology residency years): training of Columbia University Medical students and junior Internal Medicine and Psychiatry residents via clinical supervision and lectures.
- 2000-2002 (during fellowship): training of Columbia University Medical students in Neuropathology teaching sessions.
- 2004: Mentoring Grace Lee; supervised research as part of necessary courses for Master's in Biotechnology, Department of Biological Sciences, Columbia University.
- 2003 – Present: Annual attending duties on the Neurology ward or consult service: training of Columbia University Medical students, Neurology residents, Internal Medicine residents and Psychiatry residents.
- 2003 – Present: training of Division of Aging and Dementia Fellows via continuous clinical supervision and research.
- Formal teaching in Neuroepidemiology course (P9493), Mailman School of Public Health; Masters in Public Health program; Columbia University; since 2006.
- Formal teaching in Cognitive Neuroscience of Aging course (G4222); Department of Psychology; Columbia University; 2010.
- 2012; PhD committee for Basilis Pappas – National and Kapodistrian University of Athens
- 2013; PhD committee for Xanthi Arabatzi – Aristoteleian University of Thessaloniki
- 2013; PhD committee for Maria Konidiari – Harokopio University
- 2013; Courses taught to both undergraduate and graduate students of biological sciences at the 2nd World Hellenic Biomedical Association (WHBA) summer school, Topic: Dementias, an overview. Monemvasia, Greece, May 2013.
- 2013; Doctoral Examination Board – PHD Thesis Valerio Zerbi – Donders Institute for Brain, Cognition and Behavior, Radboud University Nijmegen, Netherlands, December 2013
- 2013; PhD committee – supervisor - for Angeliki Tsapanou – National and Kapodistrian University of Athens
- 2014; PhD committee for Maria Bozi – National and Kapodistrian University of Athens
- 2014; PhD committee for Polyxeni Stamati – University of Thessaly
- 2014; PhD committee for Stylianos Arseniou – University of Thessaly
- 2013: Masters committee for Maria Konidari – Harokopio University.
- 2013; PhD committee for Xanthi Arabatzi – Aristotelio University.
- 2013; PhD committee for Irini Mamalaki – Harokopio University.

- 2013; PhD committee for Eleni Margioti – Aristotelio University.
- 2013; PhD committee for Eva Danasi – Harokopio University.
- 2015: PhD committee for Spiridoula Papoutsis – National and Kapodistrian University of Athens.
- 2016; PhD committee for Eleni Simopoulou – University of Thessaly
- 2017: PostDoc committee (supervisor) for Kostas Anastasiou - National and Kapodistrian University of Athens.
- 2018; Doctoral Examination Committee – PHD Thesis Sun Yue – The Chinese University of Hong Kong, June 2018.
- 2018; Doctoral Examination Committee – PHD Thesis Christiana Christodoulou – The Cyprus Institute of Neurology and Genetics, Cyprus, July 2018.
- 2018; Doctoral Examination Committee – PHD Thesis Jenni Lehtisalo – Donders University of Helsinki, Finland, November 2018.
- 2018; Master thesis committee for Sofia Lakka – Harokopio University.
- 2018; Master thesis committee for Marina Xaralabopoulou – University of Patras
- 2018; PhD committee for Eva Karkoula – National and Kapodistrian University of Athens
- 2019; Doctoral Examination Committee – PHD Thesis Catherine Robb – Imperial College London, UK, September 2019.

COMMITTEE MEMBERSHIP

1. Consulting role (funding prioritization and decisions on announcement of Request for Applications [RFA]) for the National Institute of Health (NIH), National Institute of Aging (NIA): workshop on “Cognitive / Brain Reserve and Aging”; Bethesda; August 2003).
2. The American Academy of Neurology has assigned to the United Council of Neurological Subspecialties the duty of organizing a Geriatric Neurology subspecialty certification examination. Invited to serve (together with 9 other colleagues) to the Geriatric Neurology Examination Committee. Examination questions – content finalized; will be given for the 1st time in 2009.
3. Irving Institute for Clinical and Translational Research, Scientific Advisory Committee (since 2008).
4. Oldways Mediterranean Foods Alliance, Scientific Advisor (since 2010).
5. Joint Program for Neurodegenerative Diseases; Academic Opinion leader committee for formulation of European Strategic Research Agenda (Paris March 2011, Rome June 2011).
6. Spanish Longitudinal Study of Aging; Scientific Advisory Board (2010).
7. Invitation by the Center for Mental Health Services for participation into the National Federal Advisory Committee (FACA; established by NAPA) panel on Alzheimer’s Research, Care, and Services (Rockville, MD, December 2011).

8. Joint Program for Neurodegenerative Diseases (JPND); Call Steering Committee (CSC) to represent the funding organisation of Greece; Bonn, 2012.
9. Joint Program for Neurodegenerative Diseases (JPND); Invited comments on Action Group draft report in relation to future research strategy of JPND. March 2013.
10. Nominated by the American Academy of Neurology to the American Psychiatric Association as a clinical research expert towards development of clinical practice guidelines; March 2014.
11. Scientific Advisory Board of VPH-DARE@IT [17 million €, EU-funded FP7 project, focused on advanced IT systems supporting earlier differential diagnosis of dementia).
12. National Dementia Plan committee, Greek Ministry of Health, March 2015.
13. Steering Committee of the International Surveillance System on Mediterranean Diet; Barcelona; May 2015
14. Alzheimer's Research UK Expert Panel member; April 2016.
15. International Federation on Ageing (IFA) Global Think Tank on Aging – Cognitive Reserve; Copenhagen, April 2017.
16. International Life Sciences Institute (ILSI) Expert Group on Nutrition and Mental Performance Task Force, May 2017.
17. Joint Programme for Neurodegenerative Diseases (JPND); Invited comments on Action Group draft report in relation to future research strategy of JPND. June 2017.
18. Fast Bio European Research Council [ERC] Starting grant; Ethics Advisor; <https://cordis.europa.eu/project/rcn/210912/factsheet/en>; June 2017.
19. Global Council of Brain Health, AARP and Age UK collaborative, Baltimore, September 2017.
20. Data Safety Monitoring Board (DSMB) NIH funded R01 – Clinical Trial: Multicultural Healthy Diet to Reduce Cognitive Decline & Alzheimer Disease Risk, September 2017.
21. Merck Consumer Health, Cognition and MCI Advisory Board, September 2017.
22. National Nutrition Policy Committee, Greek Ministry of Health, August 2018.
23. Data Safety Monitoring Board Chair, NIH funded clinical trial, Albert Einstein College of Medicine, October 2017.
24. American Academy of Neurology Guidelines Subcommittee, January 2019.
25. Elected in European Alzheimer's Disease Consortium Executive Committee, April 2019.

RESEARCH SUPPORT

ESPA-EU program Excellence Grant (ARISTEIA) 189 10276/8/9/2011 and of the Ministry for Health and Social Solidarity (Greece) ΔΥ2β/οικ.51657/14.4.2009 Scarmeas (PI) 1/9/2012 -31/8/2015 Diet and Alzheimer's Disease in the Mediterranean Role: **P-I**

Alzheimer's Association IIRG-09-133014 Scarmeas (PI) 09/01/09 – 08/31/12

Mediterranean Diet and AD in the Mediterranean region. Role: **P-I**

NIA RO1 AG028506 Scarmeas (PI) 3/1/08 – 2/28/13
Mediterranean Diet and Other Dietary Patterns in Alzheimer's Disease Role: **P-1**

NIA P01AG07232 Mayeux (PI) 2/1/89 – 6/30/09
The Epidemiology of Dementia in an Urban Community. Genetic and environmental causes of Alzheimer's Disease and related diseases. Role: Co-I

NIA P50AG08702 Shelanski (PI) 9/29/89 – 5/31/10
Alzheimer's Disease Research Center. Diagnostics and assessment of patients with Alzheimer's disease. Role: Co-I

NIA RO1 AG07370 Stern (PI) 12/01/06 – 11/30/11
Predictors of Severity in Alzheimer's Disease. A three-center study. Determine predictor models for the varied course of AD across patients. A three-center study. Role: Co-I

NIA R01AG16206 Manly (PI) 7/1/99 – 8/30/09
Cognitive Test Performance of African American Elders. A longitudinal study designed to examine the effect of cultural and educational factors on neuropsychological test performance among African Americans elders. Role: Co-I

NIH R01 AG26158 Stern (PI) 09/15/04 – 07/31/09
Imaging of Cognition, Learning and Memory in Aging. The aims of this study are to better understand the interactions of memory load and aging on brain activity. Role: Co-I

DARPA DAAD19-02-1-0047 Stern (PI) 3/15/02 – 12/31/07
Effect of Sleep Deprivation on fMRI-Measured Cognitive Networks. The major goals of this project are to study the effects of sleep deprivation on cognitive networks needed to carry out recognition tasks. Role: Co-I

Alzheimer's Association IIRG-04-1353 Scarmeas (PI) 07/01/04 – 06/31/07
Early AD detection via arterial spin labeling MRI and covariance analyses. Role: **P-I**

NIH/NIA RO1 AG16714 Stern (PI) 05/01/99 – 04/30/05
Converging Behavioral & Imaging Approaches to Implicit Memory in Aging. Cognitive experimental and fMRI studies of priming in normal aging. Role: Co-I

NIA RO1 AG14671 Stern (PI) 09/30/97 – 08/31/03
Imaging Compensation and Reserve in Alzheimer's Disease. Evaluating individual differences in brain network expression (using PET and FMRI) that might allow people to cope with disease pathology Role: Co-I

NIA RO1 AG07370 Stern (PI) 07/01/99 – 06/30/05
Predictors of Severity in Alzheimer's Disease. Determine predictor models for the varied course of AD across patients. A three-center study. Role: Co-I

DARPA DAAD19-02-01-0047 Stern (PI) 03/15/02 – 12/31/05
Effect of Sleep Deprivation on fMRI-Measured Cognitive Networks. The major goals of this project are to study the effects of sleep deprivation on cognitive networks

needed to carry out recognition tasks.

Role: Co-I

Pfizer IRB # 9561. Scarmeas N. – Hirsch L. (PIs) 2000 – 2003
Administration of Donepezil in patients with Epilepsy and memory problems: a double
blind controlled study. Role: **P-I**

SCIENTIFIC CONFERENCE REVIEW - ORGANIZATION

1. American Academy of Neurology meetings
2. The Alzheimer's Association meetings
3. Alzheimer's Disease International meetings
4. American Neurological Association meetings.
5. International Congress on Vascular Dementia (ICVD)
6. 2nd International Conference and Exhibition on Neurology and Therapeutics, invitation
7. 11th World Congress on Controversies in Neurology (CONy) invitation.
8. 10th International Congress on Vascular Dementia (ICVD 2017) invitation.

GRANT REVIEWER INVITATIONS

1. UK Alzheimer's Society (UK)
2. The Alzheimer's Association (USA)
3. Israel Science Foundation (Israel)
4. Swiss National Science Foundation (Switzerland)
5. National Institute of Health (USA)
6. Catalan Agency for Health Technology Assessment and Research (CAHTA) (Spain)
7. Medical Research Council (South Africa)
8. European Union Marie Curie Programs (EU)
9. Albert Einstein College of Medicine, Clinical and Translational Science Awards.
10. The Dunhill Medical Trust, London (UK).
11. French National Research Agency (France)
12. University of Alabama (US)
13. Network of European Funding for Neuroscience Research
14. Israel Ministry of Health (Israel) (invitation)
15. Italian Ministry of Health (Italy) (invitation)
16. National Health and Medical Research Council (Australia)
17. Medical Research Council (UK)
18. Health and Medical Research Fund Hong Kong (China)
19. German Project Management Agency (Germany)
20. Netherlands Organization for Health Research and Development (Netherlands)
21. Health and Medical Research Fund of the Government of Hong Kong
22. Joint Program for Neurodegenerative Diseases (JPND)
23. Joint Program Initiative: a Healthy Diet for a Healthy Life (JPI-HDHL)
24. Fund for Scientific Research – (FRS-FNRS) Brussels, Belgium.
25. Military Risk Factors Research (MRFR) – Department of Defence Congreitionally Directed Medical Research Programs (CDMPR) – USA

26. University of Nicosia Research Foundation (Cyprus).
27. European Commission Horizon 2020 programs.
28. French National Institute for Agricultural Research (INRA).
29. European Research Council (EU).
30. Cyprus Research Promotion Foundation (Cyprus).
31. Union France Alzheimer (France).
32. Netherlands Organization for Scientific Research (ZonMw/NOW) (Netherlands)
33. Joint Program Initiative: Health and Social Care Research for Neurodegenerative Diseases.
34. Italian Ministry of Education, Universities and Research.
35. Wellcome Trust, UK.
36. Horizon 2020 – FET-OPEN Challenging Current Thinking.
37. Italian Ministry of University and Research.
38. Dutch Heart Foundation.
39. Alzheimer’s Research UK
40. University of Texas (USA).

SCIENTIFIC JOURNAL REVIEWER INVITATIONS

1. Journal of the International Neuropsychological Society
2. Archives of Neurology – JAMA Neurology
3. Neurology
4. Neurobiology of Aging
5. American Journal of Epidemiology
6. Journal of Neurology Neurosurgery and Psychiatry
7. Lancet Neurology
8. Archives of General Psychiatry – JAMA Psychiatry
9. Psychiatry Research
10. Journal of Geriatric Psychiatry and Neurology
11. Neuroimage
12. Neurobiology of Disease
13. Psychological Medicine
14. Neuroepidemiology
15. The Journal of Gerontology: Psychological Sciences
16. Journal of Alzheimer’s disease
17. Experimental Aging Research
18. Neuropsychopharmacology
19. Psychological Reports
20. Alzheimer Disease and Associated Disorders
21. American Journal of Geriatric Psychiatry
22. Expert Review in Neurotherapeutics
23. International Psychogeriatrics
24. Annals of Internal Medicine
25. Journal of Psychiatric Research
26. Vascular Health and Risk Management
27. Journal of the American Medical Association (Jama)

28. Annals of Neurology
29. Movement Disorders
30. British Journal of Nutrition
31. Brain
32. CNS Spectrums
33. Alzheimer's and Dementia
34. BMC Neurology
35. Brain and Cognition
36. IEEE Transactions on Neural Networks
37. Therapy
38. American Journal of Clinical Nutrition
39. Environmental Health
40. Journal of the American Geriatrics Society
41. Neurochemistry International
42. Epilepsia
43. Neuroscience Letters
44. European Psychiatry
45. Journal of Gerontology: Medical Sciences
46. Journal of Nutrition Health and Aging
47. European Journal of Neurology
48. Agrofood Industry Hi Tech
49. Pharmacoeconomics
50. Current Research in Alzheimer's Disease
51. Journal of Gerontology: Biological Sciences
52. Progress in Neuro-Psychopharmacology and Biological Psychiatry
53. BMC Public Health
54. Psychiatry Research: Neuroimaging
55. Developmental Neuropsychology
56. Medical Case Studies
57. Journal of Clinical Medicine and Research
58. International Journal of Alzheimer's Disease
59. Metabolism
60. Acta Psychologica
61. Expert Review of Neurotherapeutics
62. Journal of Physical Education and Sport Management
63. Journal of Neuroinflammation
64. Journal of Food and Agricultural Sciences
65. American Journal of Neuroradiology
66. Biochimica et Biophysica Acta (BBA) – Molecular Basis of Disease
67. Preventive Medicine
68. Toxicology Letters
69. Experimental Gerontology
70. Brain Research Bulletin
71. Archives of Gerontology and Geriatrics
72. International Journal of Aging and Human Development
73. Journal of Neurochemistry

74. Future Neurology
75. Clinical Practice
76. Nutrition Research Reviews
77. Neurodegenerative Disease Management
78. Nutrition Research
79. Expert Opinion on Biological Therapy
80. Public Health Nutrition
81. Journal of Sustainable Development
82. Future Medicinal Chemistry
83. Nutrients
84. PLoS ONE
85. Frontiers in Human Neuroscience
86. Neuromolecular Medicine
87. Journal of the Neurological Sciences
88. Neural Degeneration Research
89. Brain Sciences
90. The Journal of Nutrition
91. European Journal of Nutrition
92. Epidemiology
93. Current Alzheimer Research
94. International Journal of Psychiatry in Medicine
95. Demography
96. Alzheimer's Disease and Parkinsonism
97. Expert Opinion on Pharmacotherapy
98. Biomed Research International
99. Journal of Clinical Pharmacy and Therapeutics
100. Psychological Bulletin
101. Brain Imaging and Behavior
102. Alzheimer's Research and Therapy
103. Neuropsychiatric Disease and Treatment
104. Journal of the Academy of Nutrition and Dietetics
105. Genes and Nutrition
106. BMC Medicine
107. Scientific Research and Essays
108. International Journal of Geriatric Psychiatry
109. Nutrition, Metabolism and Cardiovascular Diseases
110. Dementia and Geriatric Cognitive Disorders
111. International Journal of Stroke
112. New England Journal of Medicine
113. Frontiers in Neuroscience
114. Frontiers in Systems Neuroscience
115. BMC Geriatrics
116. American Journal of Alzheimer's disease and other dementias
117. Biological Psychiatry
118. Trials
119. Food and Nutrition Sciences

120. Cochrane Review
121. Asia-Pacific Journal of Public Health
122. Neuroscience
123. Evidence-Based Complementary and Alternative Medicine
124. Journal of Clinical and Experimental Neuropsychology
125. JSM Alzheimer's Disease and Related Dementia
126. Science Open
127. Asia-Pacific Journal of Clinical Nutrition
128. Aging, Neuropsychology and Cognition
129. PLOS Medicine
130. The Spanish Journal of Psychology
131. BMJ Open
132. Journal of Nutritional Sciences
133. World Journal of Pediatrics
134. Pediatrics
135. Frontiers in Bioscience
136. VA Evidence-based Synthesis Program (EPS)
137. Journal of the American College of Nutrition
138. Aging Research Reviews
139. Neurosciences Journal
140. AIMS Molecular Science
141. British Journal of Psychiatry
142. Aging and Mental Health
143. Journal of Neuroscience
144. International Journal for Vitamin and Nutrition Research
145. Annals of New York Academy of Sciences
146. Alzheimer's and Neurodegenerative Diseases
147. Advances in Nutrition
148. Neural Plasticity
149. Nutrition
150. Molecular Neurodegeneration
151. Agency for Healthcare Research and Quality (AHRQ)
152. Medical and Clinical Reviews
153. Expert Review of Molecular Diagnostics
154. Psychiatria Danubina
155. BMJ
156. American Journal of Lifestyle Medicine
157. Journal of Clinical Neuroscience
158. Trends in Food Science and Technology
159. Expert Review of Pharmacoeconomics and Outcomes Research
160. Oncotarget
161. Current Immunology Reviews
162. Journal of Aging Research
163. BAOJ Diabetes
164. Journal of Affective Disorders
165. Scientific Reports

166. JSM Communication Disorders
167. Psychoneuroendocrinology
168. Current Medical Research and Opinion
169. Journal of Preventive Medicine & Healthcare
170. Gerontology and Geriatrics studies
171. Exploratory Research and Hypothesis in Medicine
172. The Open Neurology Journal
173. American Journal of Alzheimers Disease & Other Dementias
174. European Archives of Psychiatry and Clinical Neurosciences
175. International Journal of Environmental Research and Public Health
176. Behavioural Neurology
177. High Throughput
178. Current Aging Science
179. Nature Reviews
180. Agency for Healthcare Research and Quality (AHRQ) Effective Health Care (EHC)
181. The Physician and Sports Medicine
182. Aging and Disease
183. Nature Research Reviews
184. Frontiers in Aging Neuroscience
185. Seizure: European Journal of Epilepsy
186. Psychology and Neuroscience
187. Molecules
188. Peer J
189. Journal of Gastroenterology and Hepatology Research.
190. Journal of Neurology, Neurosurgery and Psychiatry.
191. F1000Research
192. The Mental Lexicon
193. Ageing Research Reviews
194. Journal of Affective Disorders
195. Neurobiology of Learning and Memory
196. Psychiatry Investigation.
197. The Journal of Nutritional Biochemistry
198. Cells
199. Sleep Health
200. Pharmacological Research
201. F1000 Research
202. Behavioral Medicine
203. International Journal of Molecular Sciences
204. OBM Geriatrics
205. Journal of Nutrition, Food and Lipid Science
206. The Journal of Visualized Experiments (JoVE)
207. Journal of Stroke and Cerebrovascular disease.
208. BMC Nutrition
209. Annals of Case Reports
210. Public Health Reports

211. Herald Scholarly Open Access Journal of Gerontology & Geriatric Medicine
212. Nature
213. BMC Health Services Research
214. International Journal of Public Health Sciences
215. European Journal of Nuclear Medicine and Molecular Imaging
216. Journal of Clinical Medicine
217. Journal of Pharmacology and Toxicology
218. Journal of Adult Development
219. Heliyon
220. Molecular Nutrition and Food Research
221. Journal of Sleep Disorders and Management
222. Translational Psychiatry
223. Cells
224. Case Reports in Neurology
225. Nutrition and Metabolic Insights

EDITORIAL BOARDS invitations

1. Journal of Alzheimer's disease
2. Special issue Guest Editor Current Gerontology and Geriatrics Research
3. ISRN Neurology editorial board,
4. Journal of Geriatric Cardiology editorial board,
5. World Journal of Translational Medicine editorial board
6. World Journal of Psychiatry editorial board
7. Anatomy and Physiology editorial board
8. The Scientific World Journal – Geriatric domain editorial board
9. ISRN Epidemiology editorial board
10. Dataset papers in Neuroscience editorial board
11. Frontiers in Neurology
12. Conference Papers in Epidemiology
13. ISRN Neuroscience
14. Diseases
15. Neuroscience Journal
16. Datasets in Medicine
17. PeerJ editorial board
18. International Journal of Chronic Diseases
19. The Scientific World Journal as guest editor
20. Clinical and Developmental Immunology as guest editor
21. World Journal of Clinical Case Conference
22. Conference Papers in Medicine
23. World Journal of Meta-Analysis
24. Biomed Research International
25. Biomed Research International as Lead Guest Editor for special issue
26. Advances in Medicine
27. Edorium Journal of Geriatric Medicine
28. SOJ Neurology

29. Journal of Neurophysiology and Neurological Disorders
30. World Journal of Radiology
31. Journal of Geriatric Cardiology
32. Journal Prevention Alzheimer
33. JSM Alzheimer's Disease and Related Dementia
34. Edorium Journal of Aging Research
35. Journal of Parkinson's diseases and Alzheimer's diseases
36. Journal of Clinical Medicine Research Updates
37. Neurology: Open Access
38. World Journal of Neurology
39. Oxidative Medicine and Cellular Longevity, guest editor invitation
40. Central Nervous System Agents in Medicinal Chemistry
41. Madridge Journal of Neuroscience (MJNS).
42. Journal of the Analgesics.
43. Journal of Systems and Integrative, Neurosciences invitation.
44. SM Journal of Neurology and Neuroscience.
45. Frontiers in Bioscience
46. Neuroimmunology Neuroinflammation.
47. Peertechz Journal of Gerontology and Geriatric, Research invitation.
48. Annals of Alzheimer's and Dementia Care.
49. Sleep Disorders Leaflet.
50. The Scientific Pages of Alzheimer's Disease and Dementia.
51. Austin Food Sciences.
52. Austin Neurology.
53. SciRes Literature.
54. Neurological Surgery: Clinics in Surgery.
55. SciRes Vascular Medicine.
56. SciTz Nutrition and Food Science.
57. Clinical Neurology.
58. Clinical Nutrition.
59. Sleep Disorders and Sleep Studies Case Reports.
60. Annals of Clinical Case Reports.
61. International Journal of Diabetology & Vascular Disease Research (IJDVR), guest editor invitation.
62. Clinical Psychiatry.
63. SM, Musculoskeletal Disorders.
64. Journal of Cardiology and Cardiovascular Medicine.
65. The Scientific Pages of Depression and Anxiety.
66. Journal of Heart and Stroke.
67. Journal of Plant Science and Phytopathology.
68. Heighpubs Journal of ENT Disorders.
69. Heighpubs Journal of Clinical Hypertension.
70. Journal of Pulmonology and Respiratory Research.
71. Annals of Infectious Diseases and Epidemiology.
72. Sports Medicine and Rehabilitation Journal.
73. Journal of Neurology, Neurosurgery and Spine.

74. The Scientific Basis of Plant Pathology.
75. The Scientific Pages of Brain Disorders.
76. Austin Aging Research.
77. Journal of Unexplored Medical Data.
78. Journal of Memory Disorders and Rehabilitation.
79. JSM Nutritional Disorders.
80. The Scientific Pages of Neurodegenerative Disorders.
81. The Scientific Pages of Psychiatry.
82. The Scientific Pages of Neuro-oncology.
83. Austin Psychiatry.
84. International Journal of JENPUB Neurological Disorders and Stroke.
85. Nutrition and Food Sciences Journal.
86. The Scientific Pages of Human Nutrition.
87. The Scientific Pages of Sleep Medicine.
88. The Scientific Basis of Plant Biotechnology.
89. International Journal of Pediatric Health Care and Advancements.
90. World Journal of Psychiatry and Mental Health Research.
91. Annals of Nutrition and Food Science.
92. Journal of Mental Health Care.
93. Archives of Clinical Hypertension.
94. Neurology and Neuroscience Research.
95. Annals of Neurological Surgery.
96. Journal of Imaging in Medicine.
97. Journal of Clinical Case Reports and Case Studies.
98. Food and Nutrition Report.
99. Journal of Neuroscience and Cognitive Studies.
100. Current Trauma Medicine.
101. SciRes Literature Sleep Disorders.
102. Open Access Journal of Biostatistics.
103. Journal of Psychiatry and Behavioral Health Forecast.
104. Journal of Tobacco Stimulated Diseases.
105. Journal of Pediatrics and Neonatology.
106. Journal of Neurology Forecast.
107. EMS Neurology.
108. International Journal of Sleep Disorders.
109. Journal of Pediatrics and Pediatric Medicine.
110. Journal of Alzheimer's & Parkinson's Research.
111. International Journal of Brain Disorders & Therapy.
112. Annals of Addiction Medicine Research.
113. Proclins Human Nutrition and Dietetics.
114. Annals of Sleep Medicine and Disorders.
115. Clinical Advances in Traumatic Brain Injury.
116. HIV/AIDS and Research.
117. Neurology Case Reports.
118. Neurology Current Research.
119. International Journal of HIV / AIDS and research.

120. Tropical Medicine and Health.
121. Clinics in Medicine Journal
122. Clinical Aspects of Neuropsychiatry and Brain Research.
123. Journal of Gerontology and Geriatric Medicine.
124. Annals of Neurology Short Reports.
125. Neurology and Ophthalmology Open Access Open Journal.
126. Annals of Short Reports – Brain Research.
127. Annals of Neurology and Neurosurgery.
128. Clinical Aspects of Neuropsychiatry and Brain Research.
129. Clinical Journal of Obstetrics and Gynecology Research.
130. Preventive Medicine Research.
131. Journal of Advances in Sleep Disorders and Therapy.
132. EC Orthopaedics.
133. Journal of Neurology and Neurocritical Care.
134. International Journal of Alzheimer's and Parkinson's disease.
135. Cardiovascular Disease and Development.
136. Geriatrics Research.
137. PLOS one.
138. Memory, Dementia and Alzheimer's Disease.
139. Journal of Aging and Gerontology, invitation
140. Journal of Neurology and Epidemiology, invitation.
141. Journal of Gerontology Research.
142. JResLit Journal of Food and Nutrition.
143. Annals of Food and Nutrition.
144. Journal of Psychiatry and Psychology Research.
145. International Journal of Statistics in Medical Research.
146. SEJ Sports Injury and Internal Medicine.
147. CPQ Neurology and Psychology.
148. Syntax Journal of Case Reports.
149. Alzheimer's and Parkinsonism Research and Therapy.
150. SM Journal of Sleep Disorders.
151. International Journal of Diabetes and Obesity.
152. Neurophysiology and Rehabilitation.
153. World Journal of Yoga and Natural therapy.
154. Current Advances in Neurology and Neurological Disorders.
155. Annals of Neuropsychiatry
156. Geriatrics and Gerontology
157. Journal of Gerontology, Geriatrics and Aging Research
158. Current Research in Psychiatry and Brain Disorders
159. Gazette of Neurology and Cognitive Science
160. Nutrients
161. Annals of Mental Disorders and Psychiatry
162. Journal of Nutrition and Food Processing
163. Alzheimer's Research & Therapy Open Access
164. AS Nutritional Health

TALKS / PRESENTATIONS / INVITATIONS

1. Cognitive Neuroscience Conference of the Cognitive Neuroscience Division of Taub Institute for research in Alzheimer's disease and the aging brain, Columbia University; New York; November 2000; Presentation topic: The effect of leisure activities in the incidence of Alzheimer's disease in relation to the cognitive reserve hypothesis.
2. Sergievsky Conference of the division of Aging and Dementia, department of Neurology, Columbia University; New York; January 2001; Presentation topic: The effect of leisure activities in the incidence of Alzheimer's disease in relation to the cognitive reserve hypothesis.
3. Cognitive Neuroscience Conference of the Cognitive Neuroscience Division of Taub Institute for research in Alzheimer's disease and the aging brain, Columbia University; New York; April 2001; Presentation topic: Cerebral blood flow (as assessed by Oxygen 15 PET) as an indirect index of Alzheimer's disease pathology and its relation to leisure activities.
4. Plenary session at the Society for Neuroscience's 31st Annual Meeting; San Diego; November 2001; Presentation topic: Association of leisure activities with regional Cerebral Blood Flow in Alzheimer's disease: implications for the cognitive reserve hypothesis.
5. Taub Institute for research in Alzheimer's disease and the aging brain monthly seminars, Columbia University; New York; January 2002; Presentation topic: Cognitive reserve and cerebral blood flow assessed by PET during rest and cognitive task activation in young, and healthy elderly.
6. Cognitive Neuroscience Conference of the Cognitive Neuroscience Division of Taub Institute for research in Alzheimer's disease and the aging brain, Columbia University; New York; February 2002; Presentation topic: Cognitive reserve and cerebral blood flow assessed by PET during cognitive task activation in young, and healthy elderly.
7. Department of Neurology Grand Rounds, Columbia University; New York; January 2003; Presentation topic: Leisure activities – cognitive reserve in Alzheimer's Disease: epidemiological and PET imaging data.
8. Cognitive Neuroscience Conference of the Cognitive Neuroscience Division of Taub Institute for research in Alzheimer's disease and the aging brain, Columbia University; New York; March 2003; Presentation topic: Resting PET in early Alzheimer's Disease and Mild Cognitive Impairment: group discrimination using covariance analyses.

9. 13th Alzheimer Europe Conference; Thessaloniki Greece; June 2003. Presentation topics: 1. Everyday life activities as part of cognitive reserve: relation to incidence of dementia, relation to imaging (PET) studies 2. New multivariate analyses techniques in imaging studies of AD and MCI 3. Associations between APOE and cerebral blood flow in resting and activation PET studies of young and elderly healthy subjects.
10. National Institute of Health, National Institute of Aging workshop on "Cognitive / Brain Reserve and Aging"; Bethesda; August 2003.
11. Plenary session at the Society for Neuroscience's 33rd Annual Meeting; New Orleans; November 2003; Presentation topic: APOE dependent resting H₂¹⁵O PET cerebral blood flow patterns in college-age young subjects.
12. Plenary session **chairman-coordinator** at the 4th Conference of Neurology; Santiago Cuba; March 2004; Presentation topic: Mental, social and physical life experiences, cognitive reserve and dementia: epidemiology and imaging.
13. Cognitive Neuroscience Conference of the Cognitive Neuroscience Division of Taub Institute for research in Alzheimer's disease and the aging brain, Columbia University; New York; April 2004; Presentation topic: Education and rates of cognitive decline in incident Alzheimer's disease.
14. Plenary session at the 9th congress of the European Federation of Neurological Societies, Athens, Greece, September 2005. Presentation topic: Behavioral abnormalities predict poor cognitive and functional outcomes and institutionalization in Alzheimer's disease (AD).
15. 20th annual meeting of the Greek Neurological Society, Larissa, Greece, March 2006. Presentation topic: Environmental and nutritional factors in Alzheimer's disease pathogenesis.
16. Plenary session at the American Academy of Neurology 58th annual meeting, San Diego, April 2006; Presentation topic: Mediterranean Diet and risk for Alzheimer's disease.
17. Invited speaker at "2eme College des Neurosciences Janssen-Cilag" conference, Nice, France, October 2006; Presentation topic: Psychotic and Disruptive Behavioral symptoms in Alzheimer's disease.
18. Clinical Medical Education course "Dementia Update for Primary Care Practitioners" New York, March 2007; Presentation topic: Neuroimaging in Dementia.

19. Invited speaker at “10th Interdisciplinary Symposium on Alzheimer’s Disease”, Maracaibo, September 2007; Presentation topic: Mediterranean Diet and Alzheimer’s disease.
20. Department of Medicine Grand Rounds, Mercy Medical Center; New York; November 2007; Presentation topic: Overview of Dementias.
21. Department of Neurology Seminar, Washington University; St Louis Missouri; February 2008; Presentation topic: Mediterranean Diet and Alzheimer’s disease.
22. Neuroscience Division, Department of Neurology, Imperial College; London; United Kingdom; February 2008; Presentation topic: Mediterranean Diet and Alzheimer’s disease.
23. Greek Alzheimer’s Society annual meeting, Athens, Greece; February 2008; Presentation topic: Risk factors – Preventive strategies in Alzheimer’s disease.
24. Plenary session at the American Academy of Neurology 60th annual meeting, Chicago; April 12 – 19, 2008; Presentation topic: Mediterranean Diet (MeDi) and Mild Cognitive Impairment (MCI).
25. Oral presentation World Federation of Neurology - Neuroepidemiology 2008 meeting, Chicago; April 18, 2008; Presentation topic: Physical activity, nutrition and Alzheimer’s disease.
26. 4th Aegean Meeting on Neurologic Therapeutics, Heraklion, Crete; 23-25 May 2008; Presentation topics: 1. Neuroimaging in Dementia, 2. Mediterranean Diet and Alzheimer’s disease.
27. Invited speaker and invited **symposium moderator** at 3rd International Academy of Nutrition and Aging meeting: nutrition, exercise and Alzheimer and clinical trials on sarcopenia, Albuquerque New Mexico, August 1-2, 2008. Presentation topic: Physical activity and Alzheimer’s disease in a population study. ‘Nutrition, Aging, Cognition, Muscle’ symposium moderator.
28. Invited speaker at National Institute of Neurological Disorders and Stroke workshop: Dementia of Alzheimer’s disease and Epilepsy: converging mechanisms, Rockville, Maryland, October 15-17 2008. Presentation topic: Review of Alzheimer’s disease Epilepsy comorbidity.
29. Dana Alliance – American Association of Retired Persons session: Staying Sharp – Current advances in brain research, New York; October 25 2008. Panelist.

30. Invited speaker at the 15th Anniversary Mediterranean Diet Conference; Oldways and the Mediterranean food alliance, Cambridge, Massachusetts, November 16-18, 2008. Presentation topic: Mediterranean diet and Alzheimer's disease: feeding your brain for acuity.
31. Hellenic Medical Society of New York, Dr. Demetrios Flessas 9th annual memorial lecture; Topic: Alzheimer's disease overview. New York, April 2009.
32. American Academy of Neurology (AAN) 61st Annual Meeting, Scientific plenary session **Co-Chair**, Seattle; April 2009.
33. Oral presentation World Federation of Neurology - Neuroepidemiology 2009 meeting, Seattle; May 1st 2009; Presentation topic: Exercise and survival in Alzheimer's disease (AD).
34. Alzheimer's Association 12th International Conference, Oral Session **Co-Chair**, Vienna, July 2009.
35. Oral presentation Alzheimer's Association 12th International Conference, Vienna, July 2009. Topic: Exercise and Longevity in Alzheimer's disease.
36. Invited speaker by the Michigan Alzheimer's Disease Research Center (MADRC) Community Appreciation Conference; Topic: Mediterranean Diet and Alzheimer's disease. Ypsilanti Michigan, October 2009.
37. Invited speaker at the annual conference of Greek Society of Dietitians, Athens, November 2009. Topic: Dietary factors, cognition and dementia.
38. Invited speaker at the annual meeting of the Spanish Neurological Society – Satellite symposium, Barcelona, November 2009. Topic: Mediterranean diet as a preventive factor in Alzheimer's disease.
39. Clinical Medical Education course "Dementia Update for Primary Care Practitioners" New York, December 2009; Presentation topic: Neuroimaging in Dementia.
40. Plenary session at the American Academy of Neurology 62nd annual meeting, Toronto; April 2010; Presentation topic: Mediterranean diet (MeDi) and subclinical cerebrovascular disease.
41. Oral presentation World Federation of Neurology - Neuroepidemiology 2010 meeting, Toronto; April 2010; Presentation topic: Diet and brain MRI infarcts.

42. Invited speaker at Southern Illinois University, 3rd annual conference on Alzheimer's disease, Springfield Illinois, May 2010; Presentation topic: Mediterranean Diet and Alzheimer's disease.
43. Invited speaker at Southern Illinois University, 3rd annual conference on Alzheimer's disease, Springfield Illinois, May 2010; Presentation topic: Cognitive Reserve and Effect on Development and Progression of Alzheimer's Disease.
44. Invited speaker at 6th Aegean Meeting on Neurologic Therapeutics, Heraklion, Crete; May 2010; Presentation topic: Predictors of Progression in Dementia.
45. Oral presentation Alzheimer's Association 13th International Conference, Honolulu, July 2010. Topic: Diet, white matter hyperintensities and cognitive function.
46. Invited speaker at University of Ryukyus International Workshop on Regional Epidemiology, Okinawa Japan, August 2010. Presentation topic: Mediterranean diet and dementia.
47. Invited speaker at the Italian Mediterranean Diet Project symposium, New York, December 2010. Presentation topic: Mediterranean diet and Neurosciences.
48. Invited speaker at the 26th International conference of Alzheimer's Disease International (ADI), Toronto Canada, March 2011. Presentation topic: Dietary patterns and dementia prevention.
49. **Chair** - Oral presentation Alzheimer's Association International Conference, Paris, July 2011. Topic: Dietary nutrients and plasma β -amyloid.
50. Plenary talk – 33rd European Society for Clinical Nutrition and Metabolism (ESPEN) congress, Gothenburg, Sweden, September 2011. Presentation topic: Mediterranean diet – good for cognition?
51. Didactic course – Ingema Foundation / Basque County Government summer course on Dementia, San Sebastian Spain, September 2011. Presentation topic: Aspectos preventivos de la demencia. Situation actual.
52. Invited speaker at 5th congress of the International Society for Vascular Behavioral and Cognitive disorders - Vas-Cog, Lille, France, September 2011. Presentation topic: Modifiable risk factors for dementia: are there any?

53. SUNY Downstate Medical Center, Department of Neurology Grand Rounds: Brooklyn, NY, October 2011. Title: Mediterranean Diet – Good for Cognition?
54. Dartmouth Hitchcock Medical Center, Jeanne Anderson Alzheimer's Conference, Lebanon, New Hampshire, October 2011: Title: Diet, Exercise and Alzheimer's Disease.
55. World Congress of Neurology 2011, **Chair** of Cognitive Impairment Risk and Protection topic. Presentation: Diet and Cognition, Marrakesh, Morocco, November 2011.
56. Invited speaker at Research and Standardization in Alzheimer's disease (RASAD) conference 2012 organized by the Australian Imaging, Biomarkers and Lifestyle (AIBL) study. Presentation topic: What is the current level of evidence for dietary intervention on to delay the onset of Alzheimer's disease? How can we improve our measures? Melbourne, Australia, March 2012.
57. Invited speaker at Lifestyle Approaches for Prevention of Alzheimer's disease (LAPAD) conference, organized by the McCusker Alzheimer's Research foundation. Presentation topic: Nutrition and Dementia: dietary patterns and mechanisms. Perth, Australia, March 2012.
58. Invited speaker at "The Paradox of Overnutrition in Aging and Cognition" conference, organized by the New York Academy of Sciences. Presentation topic: Nutrition and Cognition; Limitations Complexities and Interpretations; New York, USA, December 2012
59. Invited speaker at the 7th World Congress on Controversies in Neurology. Presentation topic: Diet and Alzheimer's disease. Istanbul, Turkey, April 2013.
60. Invited speaker at the 5th Latin American Cognitive Impairment Meeting. Presentation topic: Diet and Alzheimer's disease, epidemiology and mechanisms, Buenos Aires, Argentina, May 2013.
61. Invited speaker at the 2nd World Hellenic Biomedical Association (WHBA) summer school, Topic: Dementias, an overview. Monemvasia, Greece, May 2013.
62. **Chair** - Oral presentation Alzheimer's Association International Conference, Boston, July 2013; 05-04. Topic: Diagnosis and Prognosis: Implication of Vascular Risk Factors.

63. **Chair** 8th International Congress on Vascular Dementia, Athens, October 2013; Mild Cognitive Impairment and Competence.
64. Invited speaker 8th International Congress on Vascular Dementia, Athens, October 2013; Topic: Vitamin D and Dementia.
65. Invited speaker Joanne Parish Knight Alzheimer's Care and Conquer Conference, St Louis, November 2013; Topic: Mediterranean food for thought.
66. Invited speaker X International Conference on Mediterranean Diet, Barcelona, April 2014; Topic: Mediterranean Diet and Cognitive Function.
67. Invited speaker FP7 project VPH-DARE@IT meeting, Venice, March 2014; Topic: Diet and Cognition – Epidemiology and Mechanisms.
68. Selected as the Geriatric Neurology Highlights Coordinator, American Academy of Neurology Annual Meeting 2014; Philadelphia.
69. Instructor 3rd Summer School in Medical and Biosciences Research and Management, World Hellenic Biomedical Association; May 2014; Neo Itilo / Limeni Greece.
70. Invited speaker Italian Society for the Study of Dementia – Lombardy section Meeting, Milano, July 2014; Topic: Mediterranean Diet, MCI and risk for Alzheimer's disease.
71. Oral presentation Alzheimer's Association International Conference, Copenhagen, July 2014; F5-03-04. Topic: Does late onset AD begin in middle-life? Clinical and biomarker data.
72. Invited speaker Max Planck Institute for Demographic Research, Rostock, Germany, May 2015. Topic; Mediterranean Diet and Cognition: Epidemiology and Mechanisms.
73. Invited speaker "The Hildegard Knopp Conference: Diet and Optimal Brain Aging", University of Kansas, Kansas, USA, November 2015. Topic: Mediterranean Diet and Cognition: Epidemiology and Mechanisms.
74. Instructor 5th Summer School in Medical and Biosciences Research and Management, World Hellenic Biomedical Association; May 2016; Neo Itilo / Limeni Greece.
75. Invited speaker "2nd International Meeting of the Milan Center for Neuroscience (NEUROMI) – Prediction and Prevention of Dementia: New Hope"; Topic: Mediterranean Diet; July 2016; Milan.

76. Oral presentation Alzheimer's Association International Conference Nutrition and Metabolism Professional Interest Area. Topic: Nutrition and Brain Imaging Biomarkers: where are we and where do we want to be?; Toronto, July 2016.
77. **Chair** - Oral presentation Alzheimer's Association International Conference, Toronto, July 2016; 01-0. Topic: Epidemiology: Lifestyle and Metabolic Factors.
78. Debate Host: Diet and Dementia: still an unresolved issue regarding further nutrient-based research?. Controversies in Neurology (CONY); Athens; March 2017.
79. Oral presentation: Mediterranean Diet, epidemiology and mechanisms; Global Brain Health Initiative annual meeting, Barcelona; April 2017.
80. Instructor 6th Summer School in Medical and Biosciences Research and Management, World Hellenic Biomedical Association; May 2017; Neo Itilo / Limeni Greece.
81. Discussant – Coordinator MELODEM meeting, July 2017, Paris.
82. **Chair**, Nutrition Metabolism and Dementia Professional Interest Area (PIA), Alzheimer's Association International Conference, July 2017, London.
83. Invited speaker at 1st international conference on Cognitive Reserve in the Dementias: Mediterranean Diet, Brain Structure and Alzheimer's Dementia risk. Munich, November 2017
84. **Chair**, Nutrition Metabolism and Dementia Professional Interest Area (PIA), Alzheimer's Association International Conference, July 2018, Chicago.
85. **Chair**, Featured Research Symposium: Advances in Nutrition and Dementia Research, Alzheimer's Association International Conference, July 2018, Chicago.
86. Invited speaker at University of South Texas, Glenn Bigg Institute for Alzheimer's and Neurodegenerative Diseases: Mediterranean diet and cognition – epidemiology and mechanisms, February 2019; San Antonio, Texas, US.
87. Invited speaker at Bergamo Scienza Festival; October 2019.

AUDIOVISUAL – MEDIA

1. 2002 January; “Social life may cut Alzheimer’s risk”; BBC.
<http://news.bbc.co.uk/2/hi/health/1717323.stm>
2. 2002 January: “High level of leisure activity may cut dementia risk”; Reuters.
Professional Medical News 2002-01-03.
3. 2002 April: “Fitness, athletics may be tied to ALS”; MSNBC.
4. 2002 April: “Lou Gehrig’s patients tend to be former athletes”; Reuters.
Health eLine 2002-04-19.
5. 2002 September: “A clue to Lou Gehrig’s disease”; New York Times.
6. 2004 May: “Thin Athletes risk motor disease”; ABC News.
7. 2005 November: “During active memory, carriers of Alzheimer gene think differently from non-carriers”; American Association of Geriatric Psychiatry press release.
8. 2006 January: “Delusions hasten Alzheimer’s decline”; Columbia University’s Newsletter, In Vivo, Vol 4, No 5, December/January 2006.
9. 2006 February: “Alzheimer’s disease progresses more rapidly in highly educated”; British Medical Journal press release.
10. 2006 February: “Alzheimer’s ‘faster in educated’”; BBC world news.
<http://news.bbc.co.uk/2/hi/health/4713570.stm>
11. 2006 February: “Alzheimer’s progresses quicker in higher educated: study”; Reuters.
http://today.reuters.co.uk/news/newsArticle.aspx?type=healthNews&storyID=2006-02-16T001111Z_01_L15668667_RTRIDST_0_HEALTH-ALZHEIMERS-DC.XML
12. 2006 February: “Educated people face different Alzheimer’s disease risk; disease appears later but progresses more quickly scientists say”. MSNBC.
<http://www.msnbc.msn.com/id/11391754/>.
13. 2006 April: “Mediterranean diet lowers Alzheimer’s disease risk in American cohort”; Annals of Neurology press release.
http://www.eurekalert.org/pub_releases/2006-04/jws-mdl041106.php
14. 2006 April: “Med diet ‘reduces dementia risk’”; BBC world news.
<http://news.bbc.co.uk/2/hi/health/4904082.stm>
15. 2006 April: “Mediterranean diet may cut Alzheimer’s “; CBS news
<http://www.cbsnews.com/stories/2006/04/18/health/webmd/main1508337.shtml>
16. 2006 April: “Mediterranean diet makes for healthy minds?”; Nature news
<http://www.nature.com/news/2006/060417/full/060417-2.html>
17. 2006 April: “Mediterranean diet can reduce AD risk”; ABC news
<http://abclocal.go.com/wabc/story?section=health&id=4091270&ft=med>
18. 2006 April: “Med Diet may cut Alzheimer’s risk”; New York Times
<http://www.nytimes.com/aponline/us/AP-Diet-Alzheimers.html>
http://www.nytimes.com/2006/04/25/health/25nutr.html?_r=2&adxnnl=1&oref=slogin&adxnnlx=1145974431-13KvJy3RIgu6NuqWF9Wptg

19. 2006 April: "To ward off Alzheimer's try a diet" The Wall Street Journal
http://online.wsj.com/google_login.html?url=http%3A%2F%2Fonline.wsj.com%2Farticle%2FSB114547148744130196.html%3Fmod%3Dgooglenews_wsj
20. 2006 October: "Mediterranean diet associated with reduced risk for Alzheimer's disease". JAMA- Archives of Neurology press release:
<http://pubs.ama-assn.org/media/2006a/1009.dtl#2>
21. 2006 October: "Mediterranean diet helps against Alzheimer's – Study". Reuters.
<http://today.reuters.com/News/CrisesArticle.aspx?storyId=N09208578>
22. 2006 October: "More good news about good fats: Mediterranean diet might reduce risk of Alzheimer's" ABC news
<http://abcnews.go.com/Health/Depression/story?id=2546880>
23. 2006 October: "Mediterranean diet helps against Alzheimer's: lots of fruits, vegs, dairy and little red meat, may lower risk, study shows". MSNBC news.
<http://msnbc.msn.com/id/15199651/>
24. 2006 October: "Mediterranean diet may keep Alzheimer's at bay" Washington Post. <http://www.washingtonpost.com/wp-dyn/content/article/2006/10/09/AR2006100900997.html>
25. 2006 October: "Diet may influence Alzheimer's risk" CBS news.
<http://www.cbsnews.com/stories/2006/10/09/health/webmd/main2076123.shtml>
26. 2006 October: "Mediterranean diet may cut Alzheimer's risk". Forbes.
<http://www.forbes.com/forbeslife/health/feeds/hscout/2006/10/09/hscout535411.html>
27. 2006 October: "Why this diet may prevent Alzheimer's". The Times.
<http://www.timesonline.co.uk/article/0,,3-2396035,00.html>
28. 2006 October: "Mediterranean diet may prevent Alzheimer's". Pravda.
<http://english.pravda.ru/news/science/10-10-2006/84969-diet-0>
29. 2007 June: "Please explain: Alzheimer's". WNYC, New York Public Radio
<http://www.wnyc.org/shows/lopate/episodes/2007/06/08#segment80259>
30. 2007 September: "Mediterranean diet may help Alzheimer's patients live longer". American Academy of Neurology press release.
<http://www.aan.com/press/index.cfm?fuseaction=release.view&release=541>
31. 2007 September: "Mediterranean diet extends life in Alzheimer's". Reuters
<http://www.reuters.com/article/healthNews/idUSCOL36459620070913>
32. 2007 December: "Mental reserves keep brains agile". The New York Times
<http://www.nytimes.com/2007/12/11/college/coll11brod.html?pagewanted=all>
33. 2008 March: "Fat belly linked to dementia". CBS news interview.
<http://www.cbsnews.com/stories/2008/03/26/health/main3971458.shtml>
http://www.cbsnews.com/sections/i_video/main500251.shtml?id=3971375n
34. 2009 February: "Mediterranean diet associated with lower risk for Cognitive Impairment". JAMA- Archives of Neurology press release: <http://pubs.ama-assn.org/media/2009a/0209.dtl#6>

35. 2009 February: "Mediterranean diet aids the aging brain". US department of Health and Human Services, The Office of Minority Health.
<http://www.omhrc.gov/templates/news.aspx?ID=623931>
36. 2009 February: "Mediterranean diet may protect the brain". Reuters
<http://www.reuters.com/article/healthNews/idUSTRE5187HL20090209>
37. 2009 February: "Mediterranean diet may protect the brain". National Library of Medicine. http://www.nlm.nih.gov/medlineplus/news/fullstory_75452.html
38. 2009 February: "Diet could cut risk of dementia". USA today.
http://www.usatoday.com/news/health/2009-02-09-alzheimers-mediterranean-diet_N.htm
39. 2009 February: "Mediterranean diet may prevent mental decline". The New York Times. <http://well.blogs.nytimes.com/2009/02/10/mediterranean-diet-may-prevent-mental-decline/>
40. 2009 February: "Mediterranean diet aids the aging brain" US News and World Report.
<http://health.usnews.com/articles/health/healthday/2009/02/10/mediterranean-diet-aids-the-aging-brain-study.html>
41. 2009 February: "European diet may protect the brain". ABC
<http://www.abcnews.go.com/Health/WellnessNews/wireStory?id=6839520>
42. 2009 May: WABC, Channel 7 interview – commentary on study.
<http://abclocal.go.com/wabc/story?section=news/health&id=6811490>
43. 2009 July: EMedicine Health. Exercise improves prognosis in Alzheimer's disease.
<http://www.emedicinehealth.com/script/main/art.asp?articlekey=103783>
44. 2009 August: JAMA video report.
http://www.thejamareport.com/wmPlayer.php?daFile=files/vids/JAMA_REPORT_SHORT_08_11_09.wmv&fim=1366&par=170
45. 2009 August: JAMA press release: "High Adherence to Mediterranean-Type Diet, Increased Physical Activity Associated With Reduced Risk of Alzheimer Disease". <http://pubs.ama-assn.org/media/2009j/0811.dtl#1>
46. 2009 August: "Mediterranean diet may help Alzheimer's". CBS news.
<http://www.cbsnews.com/stories/2007/09/11/health/webmd/main3251560.shtml>
47. 2009 August. NBC video report.
http://www.wmbfnews.com/global/category.asp?c=151146&clipId=&topVideoCatNo=109086&topVideoCatNoB=144993&topVideoCatNoC=123142&topVideoCatNoD=139177&topVideoCatNoE=144602&clipId=4036424&flvUri=http://flash.video.worldnow.com/wmbf/WMBF_1108200922550218057_6007_676B.flv&topVideoCatNo=0&autoStart=true&activePane=info&LaunchPageAdTag=homepage&clipFormat=flv
48. 2009 August: "Diet, Exercise levels to reduce risk of Alzheimer's". NBC news. <http://www.wmbfnews.com/Global/story.asp?S=10886660>
49. 2009 August: "Dementia studies find diet exercise matter". The Wall Street Journal.
<http://online.wsj.com/article/SB10001424052970204251404574344582587608264.html>

50. 2009 August: "Mediterranean diet plus exercise lower Alzheimer's risk". Forbes.
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51. 2009 August: "Mediterranean diet plus exercise lowers Alzheimer's risk". US News and World Report.
<http://health.usnews.com/articles/health/healthday/2009/08/11/mediterranean-diet-plus-exercise-lowers.html>
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http://www.nytimes.com/2009/08/18/health/18prev.html?_r=2&ref=health&agewanted=print
54. 2010 February: "Mediterranean diet may lower risk of brain damage that causes thinking problems". American Academy of Neurology Press release.
<http://www.aan.com/press/index.cfm?fuseaction=release.view&release=796>
55. 2010 February: "Mediterranean diet may help prevent dementia, study says". CNN.
<http://www.cnn.com/2010/HEALTH/02/08/mediterranean.diet.brain/index.html>
56. 2010 February: "Mediterranean diet may be a key to avoiding stroke, dementia". ABC.
<http://abcnews.go.com/Health/AlzheimersNews/mediterranean-diet-hold-key-avoiding-stroke-dementia/story?id=9780494>
57. 2010 February. " Study identifies food combination associated with reduced Alzheimer's disease risk". American Medical Association JAMA and Archives press release. <http://pubs.ama-assn.org/media/2010a/0412.dtl#1>
58. 2010 February: "Study: Mediterranean Diet may lower stroke risk". NPR.
<http://www.npr.org/templates/story/story.php?storyId=123537449>
59. 2010 April: "Health discovery: the anti-Alzheimer's diet". AARP.
http://bulletin.aarp.org/yourhealth/discoveries/articles/health_discovery_the_anti_alzheimer_s_diet.html
60. 2010 April: " Aging: Diet may be linked to lower Alzheimer's risk in older people". The New York Times.
<http://www.nytimes.com/2010/04/20/health/research/20aging.html?hpw>
61. 2010 April: " Healthy diet could cut Alzheimer's disease risk". CBS.
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62. 2010 April: " Diet can sharply cut Alzheimer's risk: study". Reuters.
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<http://health.usnews.com/health-news/news/articles/2012/02/27/omega-3-fatty-acids-may-protect-the-aging-brain>
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76. 2012 June: "Omega-3s may not protect your brain after all". Reuters;
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